

## ABSTRACT

The invention is directed to provide a forming method and a forming apparatus that are, without extending a processing time compared with the conventional practice, capable of sufficiently lubricating a formed object and forming at safety without the lubricant igniting under pressure. In an extruding apparatus, a workpiece is successively transferred to a series of press stages, a conveying unit successively transferring the workpiece is provided with a nozzle for spraying the workpiece with lubricant, and the workpiece and the nozzle are located in fixed relative positions to each other in spraying the workpiece with the lubricant.